

OTTAWA metro®

NEWS WORTH SHARING.

Prison time for baby slapper

U.S. man on flight to take his son off life support also handed a \$2,500 fine for assault

PAGE 6

Bra-cutting cop faces hearing

Ottawa police officer who sparked public criticism in 2008 incident faces more scrutiny

PAGE 4

WORRIED ABOUT THE FLU?

PLENTY OF QUESTIONS AROUND AS THE DEADLY H1N1 STRAIN POPS UP THIS FLU SEASON

PAGE 14




NO HAIR BANDS

LIVE 88.5fm

Aylmer tragedy


Gatineau police probe the suspicious deaths of Amanda Trottier and her boyfriend Travis Votour

SEE STORY ON PAGE 3



Works as hard from 9-5 as it does from 5-9.

The 2014 Tacoma delivers on power, performance and versatility. With a tough composite bed that's durable enough to handle any load, and available V6 engine, you can now play as hard as you work.

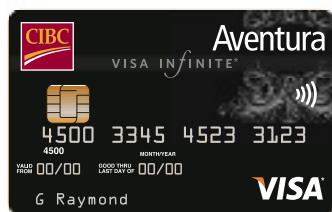
 **TOYOTA**

toyota.ca

Earn up to 20,000 Aventura Points, plus no annual fee for the 1st year.¹



The new CIBC Aventura® Travel Rewards Program.
So good even penguins can fly™.



With flights for as little as 10,000 points, you'll be flying in no time. But hurry! You need to apply by March 31, 2014, to receive the offer.



Visit us at cibc.com/penguinscanfly or call 1 855 813-9803.

¹Offer applies to newly approved eligible Aventura credit card accounts only for applications received between January 1 and March 31, 2014; transfers from an existing CIBC credit card are excluded. Bonus points and annual fee rebate awarded to the primary cardholder. Qualifying purchases must be made to receive bonus points. Offer may be withdrawn or changed without notice at any time. Conditions apply; for details visit cibc.com/penguinscanfly. ²Aventura Points can be redeemed for up to 100% of the cost of airfare as well as (if you have sufficient Aventura Points) for taxes and other charges on airfare purchased through the CIBC Rewards Centre. You must book all flights through the CIBC Rewards Centre. Some taxes and other charges may be collected locally/when you are travelling, and cannot be prepaid; please ask a CIBC Rewards Centre Counsellor for specific details. Visa™ and Visa Infinite™ are trademarks of Visa Int./CIBC lic. user. All other trademarks are owned by CIBC or related entities.

Gatineau cops investigate death of young couple

Crime scene. 'We found her upstairs its full of blood what i'm gonna do,' the mother of one of the victims wrote on Facebook

Information

Anyone with any information on the two deaths at 158 Eardley Terrace can contact investigators at 819-243-2346, ext. 6677. Information will be treated as confidential and can be submitted anonymously.

Gatineau Police are investigating the apparent grisly double homicide of a young couple who were discovered inside their home, reportedly by the parents of one of the victims.

While police would only call the incident a "crime scene," and not confirm if it was a homicide, a heart-wrenching posting on Facebook by the mother of one of the victims was unequivocal.

As friends posted questions and condolences, Victoria Lebrasseur wrote that her daughter Amanda Trottier and Amanda's boyfriend Travis Votour were both dead and that her granddaughter was the only survivor of the incident.

"We found her upstairs its full of blood what im gonna do," she wrote.

She also complained that police would not let her leave the scene.

Gatineau police said at a press conference in Aylmer that they received a call to 158 Eardley Terrace, in Aylmer around 12:50 p.m.

There, police said they found the bodies of a man and a woman.

The victims were transported to hospital, where

the couple was pronounced dead.

Police said they had established a perimeter around the residence and a forensic identification unit had undertaken an investigation of the scene.

Neighbours were shocked by the news and told Metro the neighbourhood is quiet and the couple were tenants in the home.

One neighbour said he was putting out the recycling today at around 1 p.m. when he saw police cars and the father of the woman who died.

He said he did not know the victims, but that they had been renting the condominium since August.

He described the couple as mostly quiet but said that he would occasionally see them arguing.

"It's a quiet neighbourhood," he said.

"You don't hear much happening around here."

Police continue to be tight-lipped on the incident.

At press time, officers had yet to contact all family members of the victims.

SEAN MCKIBBON AND LUCY SCHOLEY/
METRO



Gatineau police forensic identification officers enter the Aylmer home, where a young couple was found dead Monday. LUCY SCHOLEY/METRO

1 NEWS



ACCOUNTING AND PAYROLL ADMINISTRATOR

BY MAKING THE DECISION TO CALL ALGONQUIN CAREERS ACADEMY, YOU ARE SAYING GOODBYE TO "JOB HUNTING" AND HELLO TO AN EXCITING NEW CAREER OPPORTUNITY.

Program Objective

The objective of this program is to train you in the practices of financial accounting and payroll in Canada. This program focuses on three key elements that ensure you gain an understanding of the theoretical principles of accounting and payroll, the practical "hands on" skill required to do the job and the communication skills needed to work within an office environment.

ALGONQUIN CAREERS ACADEMY

CONTACT US TODAY

1830 BANK STREET • 613-722-7811 • WWW.ALGONQUINACADEMY.COM

Cop who cut bra off prisoner faces internal hearing

Sgt. Steve Desjourdy. Former cell-block sergeant was acquitted of sexual assault in April



TREVOR GREENWAY
trevor.greenway@metronews.ca

An Ottawa police officer who was the subject of public criticism for cutting the shirt and bra off a female prisoner with scissors in 2008 was before a judge again Monday for a week-long internal disciplinary hearing to determine whether or not his actions were discreditable under the Police Services Act.

Sgt. Steve Desjourdy was already acquitted of sexual assault last April for cutting the clothes off a female prisoner who cannot be named, but the former cell block sergeant still has to face an internal investigation to make sure he followed proper procedure.

A cell-block video captured the incident.

"Although we would have preferred to have seen this handled informally, I don't think it's unreasonable or unexpected," said Ottawa Police Association president Matt Skof, adding that, if found guilty, Desjourdy could find himself with a temporary demotion or something similar.

Skof added association members are hoping for Desjourdy to be acquitted of all wrongdoing so he can get back to just being a cop.

"We are obviously quite hopeful they will look at exoneration at this stage as well too, but that's a path we will cross later on. We are all looking forward for Steve to get back on to his regular life and get back on to policing."

Day 1 of the hearing consisted of prosecutor Bob Houston and defense lawyer Michael Edelson questioning Staff Sgt. Kevin Maloney, who is currently in charge of the cell block. The lawyers fired questions

Quoted

"We are obviously quite hopeful they will look at exoneration at this stage."

Ottawa Police Association president Matt Skof

over police procedures when booking inmates.

"Ordinarily, the sergeant in charge doesn't participate in the physical search of prisoners in the cell block," Houston told the hearing Monday morning. "In this case, Sgt. Desjourdy chose to intervene."

Maloney explained that cell-block procedures changed after the bra-cutting incident — with more cameras being installed and new "suicide gowns" being introduced to keep prisoners clothed.

Houston questioned why the woman was left topless in a cell for more than three hours with soiled pants.

Edelson's cross-examination continues Tuesday.



Ottawa Police Sgt. Steve Desjourdy walks out of an internal hearing Monday to determine whether a 2008 incident in which he cut the bra and shirt off a prisoner amounted to discreditable conduct under the Police Services Act.

TREVOR GREENWAY/METRO

Brrrrr. Cold weather puts workers on overdrive

Freezing rain seemed to keep many commuters off Ottawa's roads Monday morning, but it meant a more hectic workday for city roads employees.

Ottawa workers have been working to fight off the wet snow and the odd flooding with salt before the bitter -23 C freezes everything over tonight.

"As the rain continued, we got into some little flooding issues here and there," said Kevin Wylie, manager of Roads and Traffic Operations. "We've been concentrating mostly on keeping the main streets salted. Residential streets, we're trying to make sure the slush is all taken care of ... so that means opening up the catch basins as much as we can."

He said workers managed to clear out most of the basins by Monday afternoon, but still advised commuters to watch out for water pooling on residential streets, as they tend to freeze over and make driving conditions slippery. He said drivers should slow down and take care not to splash pedestrians.



Kevin Wylie talks to media about plans to fight freezing conditions on Monday. LUCY SCHOLEY/METRO

He said it's been a busy season but that workers have removed all the snow from the streets. Monday alone, there were 580 pieces of equipment in use. "They were getting pretty tired," he said. "We did try to give them a break over Christmas Eve, Christmas Day."

Ottawa continues to monitor problem areas through about 220 cameras and calls to the 311 city line.

LUCY SCHOLEY/METRO

Head of troubled Capital Hoedown being sued for \$1M

Denis Benoit, the president and CEO behind the troubled Capital Hoedown festival, is being sued for more than \$1 million for allegedly not paying back a loan from 2011.

The loan agreement came five months before Benoit oversaw his last Capital Hoedown festival in 2011, which drew country music stars like Carrie Underwood and Miranda Lambert to Ottawa.

But the 2012 edition flopped when Benoit missed a payment deadline with the city to host it at Walter Baker Park, sending ticket holders rushing to get refunds.

Benoit's Concert International Inc. allegedly signed a loan agreement with a numbered company on March 1, 2011 for \$1 million, according to the statement of claim filed last month. The claim contains allegations which have not been proven in court.

The statement of claim,

Allegation

\$350K

A statement of claim states that Denis Benoit failed to repay \$350,000 plus interest.

which includes a March 1, 2011 promissory note, alleges Benoit failed to repay \$350,000 plus interest on Oct. 14, 2011.

He also missed a payment on Nov. 14, 2011, according to the lawsuit.

"In December 2011, the defendant was personally served with a proposal to pay back the amount due. The defendant has never responded to the proposal," the lawsuit alleges.

The registered company alleges in the document that as of Dec. 11, 2013, Benoit and his company had yet to pay back any funds.

The concert boss has kept



Denis Benoit, president and CEO of Concert International, announces the lineup for the 2012 Capital Hoedown festival at The Crazy Horse in Kanata on Nov. 22, 2011. JOE LOFARO/METRO FILE

a low profile ever since the 2012 debacle.

In a December 2012 post on Facebook, Benoit apologized to the public for the botched event and vowed to

bring the festival back in the summer of 2013.

The festival never came to fruition and that post has since been removed from Facebook. JOE LOFARO/METRO

Liz Cheney drops out of U.S. Senate race

Troubled run. Dick Cheney's daughter had angered and upset many Republicans

Liz Cheney, daughter of former U.S. vice-president Dick Cheney, said Monday she is abandoning her effort to unseat Wyoming Republican incumbent Sen. Mike Enzi.

Cheney cited "serious health issues" that "have recently arisen in our family" as the reason for her decision.

But her candidacy had raised hackles in the Republican party and caused a public rift with her sister, Mary, a lesbian, over Cheney's opposition to gay marriage.

In her withdrawal statement, Cheney did not mention those controversies.

Cheney moved her family from Virginia to Wyoming to

run for the seat. Her effort to replace Enzi, a Senate veteran, drew virtually no support from Senate Republicans, who rushed to back Enzi.

Sen. Jerry Moran, R-Kan., chairman of the National Republican Senatorial Committee, swiftly expressed support for Enzi moments after Cheney announced her campaign last year.

During that time, Cheney said Republicans in Congress needed to stop "cutting deals" with Democrats.

"We've got to stand and fight, and we have to defend what we believe in. We have to not be afraid of being called obstructionists," Cheney said.

"In my view, obstructing President Obama's policies and his agenda isn't actually obstruction; it's patriotism," Cheney said. "I think we have to stop what he's doing, and then as conservatives, we've



Liz Cheney, daughter of former U.S. vice-president Dick Cheney.
MATT YOUNG/THE ASSOCIATED PRESS FILE

got to say, 'Here's what we believe,' and, 'Here's the path forward,' and that's what I

intend to lay out in this campaign."

THE ASSOCIATED PRESS

France. Goodyear workers resort to 'boss-napping'

Monday's meeting in the northern French city of Amiens was not going well. As farm tires blocked the doorway, two Goodyear managers were trapped in a conference room with angry French workers who were demanding more money in exchange for the loss of their jobs.

Goodyear has tried to shutter the plant in Amiens for five years without success. Its latest attempt was met Monday with a "boss-napping" — a French negotiating tactic that had largely faded away after the height of the economic crisis in 2009.

More theatre than actual threat, it aims to grab management's attention — by grabbing management.

'Overpaid loafers'?

"The French workforce gets paid high wages but works only three hours. They get one hour for breaks and lunch, talk for three and work for three."

Maurice Taylor, outspoken American CEO of Titan tires, deriding Goodyear staff as overpaid loafers in a note last year when he had considered taking over the company

The union is willing to accept the inevitable loss of jobs — but at a cost. In exchange for freeing the bosses, they're demanding an 80,000-euro (\$116,000) severance package plus 2,500 euros (\$3,600) for each year worked.

THE ASSOCIATED PRESS

Utah same-sex unions

Top court puts new marriages on hold

The U.S. Supreme Court on Monday temporarily blocked any new same-sex marriages in Utah. The

order grants an emergency appeal by the state following the Dec. 20 ruling by a U.S. district judge that the ban on same-sex marriage violates same-sex couples' constitutional rights.

THE ASSOCIATED PRESS

Harry's Winter Sale

NOW 50% OFF

Select seasonal merchandise*

Further markdowns to 50% have been taken on selected designer collections and select groups of sports jackets, dress shirts, sweaters, sport shirts, knitwear, ties, scarves, gloves, loungewear and robes. Shop in-store and online.

HARRY ROSEN

HARRYROSEN.COM

*Not all merchandise on sale. Alterations extra on merchandise reduced by 50% or more and on sale shirts. Not valid on spring merchandise.

Man who slapped toddler gets eight months in prison

Guilty plea. Joe Rickey Hundley was on a flight to take his son off life support after an insulin overdose put him in a coma

A federal judge on Monday sentenced a man who pleaded guilty to slapping a crying toddler on an Atlanta-bound flight to serve eight months in federal prison.

Joe Rickey Hundley was accused of using a racial slur to refer to the 19-month-old boy, who's black, and hitting him under the eye as the flight from Minneapolis descended to the Atlanta airport last February. He pleaded guilty in October to simple assault after reaching a

No excuse

"You cannot assault another individual, regardless of how sad or upset, or even how intoxicated or sick, you are."

U.S. Magistrate Judge Alan Baverman

plea agreement with prosecutors.

Prosecutors had recommended a sentence of six months in prison, and Hundley reserved his right to argue for a lower sentence. U.S. Magistrate Judge Alan Baverman said he imposed a higher sentence in part because of Hundley's criminal history, which includes a prior assault.

Hundley's lawyer, Marcia Shein, objected to the devia-

tion from the recommendation in the plea agreement and said after the hearing that she believes the sentence is disproportionate.

Before he was sentenced, Hundley told the judge he took full responsibility for his actions and turned to apologize in person to Jessica Bennett, the toddler's mother, who was in the courtroom.

In addition to the prison sentence, Baverman ordered Hundley to pay Bennett restitution of \$105 and to pay a fine of \$2,500 to the government. Baverman also ordered Hundley to serve a year of supervised release, undergo alcohol-abuse treatment and anger-management counseling, and perform 120 hours of community service, preferably in a homeless shelter.

THE ASSOCIATED PRESS



Quest for symbol of health

A boy holds a cross as believers sing and dance in the icy waters of the river Tundzha to celebrate Epiphany Day in the town of Kalofer, Bulgaria, on Monday. Traditionally, an Eastern Orthodox priest throws a cross in the river and it is believed that the one who retrieves it will be healthy through the year. VALENTINA PETROVA/THE ASSOCIATED PRESS

Post-traumatic

Mountie in medicinal pot dispute fit for trial

A New Brunswick Mountie who attracted national attention for complaining that he wasn't allowed to smoke medicinal marijuana for his post-traumatic stress disorder while in uniform has been deemed fit to stand trial on charges of assaulting two RCMP officers, the Crown and defence said Monday. Cpl. Ron Francis, who faces two counts of assaulting police and one count of resisting arrest, was released from custody after he underwent a 30-day psychiatric assessment.

Francis was ordered to follow conditions including that he refrain from alcohol and non-prescription drugs, report to a local mental-health clinic and not possess firearms. He smiled and waved to family and friends as he appeared in Fredericton provincial court but did not speak to reporters when he left the courthouse.

THE ASSOCIATED PRESS

SEE NOW, PAY IN 2015⁺

\$0\$00%

payments

down

interest

LASIK MD
VISION

Starting at \$490 per eye*
Book a free consultation at
1-877-769-3030 or lasikmd.com



Official Laser Vision
Correction Provider of
the Ottawa Senators®

Offer ends soon!

*Subject to Desjardins Card Services credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by March 31, 2014. Cannot be combined with any other offer or discount. *Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply. © Registered trade-mark of Capital Sports & Entertainment Inc. © OTTAWA SENATORS is a registered trade-mark of Capital Sports & Entertainment Inc.

Rx pot user claims discrimination

A medical marijuana user living in Dartmouth says his schooling and family life has been destroyed by harassment over his medical marijuana use.

"It feels like I'm in prison. It feels like I'm sitting in jail right now. My family's gone, and it feels like I'm being monitored," said John Quinn Monday.

Quinn has filed a complaint with the Nova Scotia Human Rights Commission over alleged discrimination by the superintendent and property manager of his Albro Lake Road apartment.

He disclosed his license to grow and use medical marijuana when he signed a lease in June. Although the building super didn't raise any concerns then, Quinn said he's been subjected

ever since to repeated police calls, accusations that he's selling his pot, and investigations by Child Welfare Services.

He was even ordered to leave after an inspection by the property manager in November, though the eviction order was rescinded.

"The only thing that he could do was ask for a copy of my (permit,) because (marijuana) could potentially harm other tenants," said Quinn. "What about an oxygen tank? That could explode. What's the difference, in reality?"

The former welder said the marijuana manages his joint pain effectively without affecting his mental state or causing addiction. He grows the plants in a separate unit from the



John Quinn checks his pot plants on Monday. JEFF HARPER/METRO IN HALIFAX

apartment where he lives with his family, and has installed charcoal filters to

manage any odours.

Quinn said he's had to drop out of his upgrade

courses because of stress caused by the alleged harassment, and has sent his partner and children to live in Ontario to prevent any further action by Child Welfare Services.

After serving MetCap Living Management with notice of the Human Rights complaint, Quinn said the alleged harassment has stopped — but he still doesn't feel safe.

"You've put my family in danger, you've put me in danger, you've ruined our Christmas, you made us feel like criminals," he said. "I want a public apology."

Neither the superintendent or property manager of Quinn's building returned calls for comment.

RUTH DAVENPORT/METRO IN HALIFAX

Medical marijuana

More than 37,000 Canadians are currently licensed through Health Canada to use marijuana.

- Changes coming in April mean users cannot grow their own, but must purchase it from a government-approved supplier.
- Also, under the same rule changes coming in April, users can be approved by a doctor's prescription, and won't need a licence from Health Canada.



COMPLETE CARE

INCLUDES:

COMPLIMENTARY OIL CHANGES
NEW VEHICLE LIMITED WARRANTY
POWERTRAIN WARRANTY
ROADSIDE ASSISTANCE
ONSTAR® STANDARD

2 YR/40,000 KM**
3 YR/60,000 KM*
5 YR/160,000 KM*
5 YR/160,000 KM*
6 MONTHS

PLUS
WE MAKE YOUR
FIRST MONTH'S
LEASE PAYMENT*

2014 CRUZE LS



CRUZE LTZ SHOWN**

LEASE OR FINANCE

\$85 @ 0%

LEASE BI-WEEKLY FOR 60 MONTHS*.

\$0 DOWN PAYMENT. \$0 SECURITY DEPOSIT.

FINANCE BI-WEEKLY FOR 84 MONTHS*.

\$2,050 DOWN PAYMENT. PURCHASE PRICE \$17,536*
INCLUDES FREIGHT, PDI & LEVIES. TAXES NOT INCLUDED.

52 MPG HWY
HWY: 5.4L/100 KM
CITY: 8.2L/100 KM*

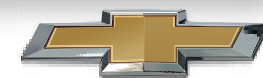
INCLUDES:

- POWER LOCKS WITH REMOTE KEYLESS ENTRY
- POWER WINDOWS
- STABILITRAK®
- BEST-IN-CLASS SAFETY* WITH 10 AIRBAGS

TO GUARANTEE OUR QUALITY, WE BACK IT **160,000-KM/5-YEAR POWERTRAIN WARRANTY***

*Whichever comes first. See dealer for limited warranty details.

ONTARIOCHEVROLETDEALERS.COM



VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$799 for Dealer fees.***
For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. *Offer applies to the purchase of 2014 Chevrolet Cruze LS 1SA. †Based on a 60 month lease for 2014 Chevrolet Cruze LS 1SA. Annual kilometre limit of 20,000 km, \$0.16 per excess kilometre. OAC by GM Financial. Monthly/Bi-Weekly payments may vary depending on down payment/trade. A down payment or trade of \$0 and/or security deposit is required. Total obligation is \$11,026. Option to purchase at lease end is \$6,510. Excess wear and tear and km charges not included. Other lease options available. ‡10% purchase financing offered by GMCL for 84 months on 2014 Chevrolet Cruze LS 1SA. O.A.C. by RBC Royal Bank/TD Auto Finance Services/Scotiabank. Rates from other lenders will vary. Example: \$10,000 at 0% APR, monthly payment is \$119.05 for 84 months. Cost of borrowing is \$0, total obligation is \$10,000. Down payment and/or trade may be required. Monthly/Bi-weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Monthly/Bi-weekly payments based on a purchase price of \$17,536 with \$2,050 down payment. **1/1/11***Freight & PDI (\$1,600), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2014 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. †Based on WardsAuto.com 2012 Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 airbags, ABS, traction control and StabiliTrak®. ‡2014 Cruze equipped with standard 1.8L EcoTec engine and 6-speed manual transmission. Fuel consumption based on GM Testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. ††2011 Cruze LTZ, MSRP with freight, PDI & levies \$28,489. ealers are free to set individual prices. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 KM, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. *Offer valid only to eligible retail lessees in Canada who have obtained credit approval by GM Financial, have entered into a lease agreement with GM Financial, and who accept delivery from January 3, 2014 through February 28, 2014 of a new eligible 2014 model. General Motors of Canada will pay the first month's lease payment (inclusive of taxes). After the first month, lessee will be required to make all remaining scheduled payments over the remaining term of the lease agreement. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Void where prohibited by law. Additional conditions and limitations apply. See dealer for detail.

How's the weather up here?

Edmonton

After a few days of chilly temperatures, Edmonton warmed up to -6 C on Monday, with runners hitting the tolerable streets. Temperatures are expected to drop on Tuesday, with a -30 C wind chill predicted.



In Metro cities across Canada, we're experiencing a myriad of icy, freezing weather, and in Calgary and Halifax — relief. Even Vancouver traded its winter rain for some frosty sunshine.

Saskatoon

Extreme weather has presented a number of challenges for Saskatoon. With wind chills pushing temperatures down to -49 C in Saskatoon on Monday, school buses were cancelled, garbage pickup was delayed and a prominent outdoor skating rink was closed.



Winnipeg

After almost a month of extreme wind chills of -40 C to -50 C daily (only relief: a -9 C blizzard), Winnipeg attracted international attention when it was revealed it was colder than Mars one day last week.



Ottawa

After being hammered with freezing rain Monday and a sudden melt, Ottawa faced an Environment Canada warning of extreme wind chills from -35 C to -40 C Monday night and Tuesday morning. The city also had a water main burst that flooded and closed Laurier Avenue from Metcalfe Street to Elgin Street.



Halifax

It's a weather flip-flop in Halifax. On Monday, Haligonians enjoyed a balmy 9 C, just days after enduring bitterly cold temperatures with wind-chill readings of about -30 C. Tuesday, temperatures are expected to get cold again, but another mild stretch is forecast for the weekend.



Regina

Bundled up workers fix a water pipe that leaked due to temperatures dipping down to the -40s with wind chill. The leak prompted an emergency water shutdown along Dewdney Avenue, one of the city's busiest streets.



Vancouver

Vancouver has enjoyed sunny — but frosty — weather over the past couple of days. That's all going to end, however, with Environment Canada calling for warmer weather (highs of 6 C) and the return of the winter rain for the foreseeable future.



Calgary

Temperatures warmed to above zero in Calgary Monday, but the city was still grappling with record-setting snowfall and many residents were fed up. Snow-related complaints to 311 were up 1,000% from the previous December.



London

Cold, colder and even colder yet. That was the scene in London on Monday as the temperature dipped from -9 C in the morning to -26 C by late afternoon with wind chill.



Toronto

On the icy streets of Toronto on Monday, the temperature plummeted to -25 C, with bone-chilling winds making it feel like -40. The bitter cold snap is expected to end by the weekend, but Torontonians were bracing for a glacial commute the next day.

METRO/TORSTAR NEWS SERVICE/THE CANADIAN PRESS



Learn French... the Write Way!

Ideal for Federal Government Employees or Anyone Looking to Improve Their French Skills

Reading & Writing Test Preparation – Jan 21st to Feb 27th 2014 (30 hrs)

Level B - Oral Interaction – Jan 20th to April 23rd 2014 (65 hrs)

Level C - Oral Interaction – Jan 21st to April 17th 2014 (65 hrs)

Marc Saint-Onge 613-742-2493, ext. 2760

La Cité des affaires

msaint@lacitec.on.ca

www.frenchthewriteway.ca



LA CITÉ DES AFFAIRES

LA CITÉ
LE COLLÈGE D'ARTS APPLIQUÉS
ET DE TECHNOLOGIE



Dennis Rodman shakes hands with North Korea's sports vice-minister Son Kwang Ho upon his arrival at the international airport in Pyongyang, North Korea, Monday. KIM KWANG HYON/THE ASSOCIATED PRESS

Happy birthday, glorious leader! Your pal, Dennis

North Korea. Ex-NBA players to square off against local team

Dennis Rodman said Monday that a game he and other former National Basketball Association players are planning in North Korea will be a "birthday present" for leader Kim Jong Un.

Rodman's squad, featuring

ex-All Stars Kenny Anderson, Cliff Robinson and Vin Baker, will play against a team of North Koreans on Wednesday, which is believed to be Kim's birthday.

Rodman said he was glad to be in North Korea for the game, though he said he has gotten death threats for his repeated visits. He said proceeds from the game would go to a charity for the deaf in North Korea.

"The marshal is actually trying to change this country

in a great way," Rodman said of Kim, using the leader's official title. "I think that people thought that this was a joke, and Dennis Rodman is just doing this because of fame and fortune." Instead, he said, he sees the game as a "birthday present" for Kim.

"Just to even have us here, it's an awesome feeling. I want these guys here to show the world, and speak about North Korea in a great light," he said.

THE ASSOCIATED PRESS

LANCEZ VOTRE CARRIÈRE DANS
**LE DOMAINE
DE LA SANTÉ**
GRÂCE À UN CERTIFICAT D'ÉTUDES COLLÉGIALES

4 CERTIFICATS À TEMPS PARTIEL
DÉBUTANT DÈS JANVIER :

- STÉRILISATION D'INSTRUMENTS MÉDICAUX
- COMMIS DE BUREAU - MILIEU DE SANTÉ
- AIDE EN ALIMENTATION
- PRÉPOSÉ AUX SERVICES DE SOUTIEN PERSONNELS

Pour de plus amples informations,
communiquez avec Anik Brunet
→ 613 742-2483, poste 2116
→ formationcontinue@lacitec.on.ca

Inscrivez-vous
dès aujourd'hui!

LA CITÉ
LE COLLÈGE D'ARTS APPLIQUÉS
ET DE TECHNOLOGIE

Lottery News

Winter 2013/2014

OVER 50% SOLD

WAKE UP A WINNER!

TOP PRIZE \$2 MILLION

IT'S LIKE \$100,000 A YEAR FOR 20 YEARS!

10 GRAND PRIZES

9 CASH, CAR & TRIP
GRAND PRIZES!

**PLUS MILLIONS IN CARS,
ELECTRONICS & MORE!**

50/50 DRAW

JACKPOT CAN GROW TO
\$2,000,000

THE WINNER TAKES HALF!

1 for \$10 | 5 for \$25 | 15 for \$50

50/50 Draw Tickets must be ordered in conjunction with the Heart&Stroke Lottery Ticket.

Best Odds 1 in 3 EVER

TICKETS \$100 EACH or BEST DEAL 3 FOR \$250

CALL: 1-888-551-1111 Ext. 700
ONLINE: www.heartandstroke.ca/lottery

Every Ticket Helps the Heart and Stroke Foundation Make Health Last.

MAKE HEALTH LAST

HEART & STROKE FOUNDATION

BROCHURES AVAILABLE AT:

DAG
DOWNTOWN AUTOMOTIVE GROUP
www.dagcars.ca • 416 603 9156

CRAIG TRAVEL
1-800-311-1111 • www.craigtravel.com

OTI Please refer to brochure or visit www.heartandstroke.ca/lottery for full rules and regulations. Only 250,000 tickets will be sold. 50/50 Draw tickets are unlimited and must be purchased in conjunction with a Heart&Stroke Lottery ticket. Prize values stated are retail value as of dates contracts were negotiated with suppliers and are independently verified by prize suppliers, as per AGCO rules. Copyright © 2013 Heart and Stroke Foundation of Canada. TM Heart&Stroke Lottery and Heart & Stroke Foundation logos are trademarks of the Heart and Stroke Foundation of Canada. The Heart and Stroke Foundation of Ontario is now known as the Heart and Stroke Foundation of Canada. All proceeds from this lottery will fund Heart and Stroke Foundation research and health promotion to benefit residents of Ontario. Copyright © 2013 Bank of Canada: bank note images used and altered with permission. Lottery Licence #: 5697. 50/50 Lottery Licence #: 5698.

Spending to slim down despite rabid appetite for gadgets: Analysts

\$1.06 trillion on tech. Lower-end tablets and smartphones expected to bite into amount consumers will shell out in 2014

The Consumer Electronics Association estimates that global spending on technology will slip one per cent in 2014 to \$1.06 trillion US as the lower average selling price of smartphones and tablets offsets unit growth in markets like China.

The decline is off the peak of \$1.07 trillion estimated for 2013.

Steve Koenig, the association's director of industry analysis, issued the forecast at the opening of the annual International CES gadget



Appetite for smartphones, such as the iPhone 5C, remains strong.
JUSTIN SULLIVAN/GETTY IMAGES

show on Sunday.

The retreat doesn't reflect less consumer appetite for what Koenig called the "dynamic duo" of tech

gadgets. Spending on smartphones and tablets is still expected to account for some 43 cents of every dollar spent on technology this year.

But the average price of smartphones, for example, will fall from \$444 in 2010 to an estimated \$297 this year, despite the number of smartphones sold rising to 1.21 billion up from 1.01 billion.

"These lower-end devices are what's required to penetrate most deeply into these emerging markets," he said.

Smartphones and tablets remain such key drivers of technology spending that they are eating into other categories of devices like point-and-shoot cameras, video cameras, portable GPS devices and handheld gaming devices.

THE ASSOCIATED PRESS



'It wouldn't be B.C. without it'

A protester rushes the stage as Prime Minister Stephen Harper speaks at the Vancouver Board of Trade in downtown Vancouver Monday. Two protesters evaded security to protest climate change. Harper quipped, "It wouldn't be B.C. without it," to applause and laughter from the crowd. THE CANADIAN PRESS

New study

Flu shot linked to lower risk of low-weight baby

A study has found that pregnant women who get the flu shot are less likely to have a premature or low-birth-weight infant compared to those who don't get vaccinated.

Despite recommendations, researchers say annual vaccination rates of pregnant women have dropped. THE CANADIAN PRESS

Market Minute

DOLLAR
93.88¢ (-0.11¢)

TSX
13,495.54 (-53.32)

OIL
\$93.43 US (-\$0.53)

GOLD
\$1,238 US (-\$0.60)

Natural gas: \$4.30 US (-\$0.01)
Dow Jones: 16,425.10 (-44.89)

Formation linguistique
associée sur les professions
FLAP

COLLEGES ONTARIO | COLLÈGES ONTARIO

Occupation-specific
Language Training
OSLT



FORMATIONS GRATUITES afin de vous aider à décrocher ou à améliorer votre emploi

Vous êtes nouvel arrivant, vous recherchez des résultats concrets, un perfectionnement ciblé dans les domaines de la construction, de l'éducation à la petite enfance ou de la santé ?

Informez-vous dès maintenant !

613 742-2475 | www.lacitedesaffaires.com

Financé par :
Citoyenneté et
Immigration Canada

Funded by:
Citizenship and
Immigration Canada

COLLEGES ONTARIO | COLLÈGES ONTARIO

Pavillon F, Local F3270
801, promenade de l'Aviation
Ottawa (Ontario) Canada K1K 4R3

LA CITE DES AFFAIRES

LA CITE

PASSI

Pour mieux
performer
sur le marché
du travail

DÉBUTE LE
14 JANVIER 2014

Vous êtes un professionnel du
domaine de la santé formé à l'étranger ?

PASSI EST POUR VOUS!

Le programme PASSI vise à offrir une formation d'actualisation du domaine de la santé au Canada et une assistance aux professionnels ayant étudié et travaillé à l'étranger dans ce domaine afin de faciliter l'intégration sur le marché du travail ontarien dans leur domaine d'expertise.

TECHNIQUES DE PERFECTIONNEMENT | OCCASIONS DE RÉSEAUTAGE | JUMELAGE
Pour connaître les critères d'admissibilité et pour obtenir plus d'information :

613 742-2475 | www.lacitedesaffaires.com

Financé par : **Ontario** **Canada**

Pavillon F, Local F3270
801, promenade de l'Aviation
Ottawa (Ontario) Canada K1K 4R3

LA CITE DES AFFAIRES

LA CITE

MARS ONE IS LOOKING PRETTY GOOD NOW

Last Tuesday temperatures in Winnipeg plummeted to -31 C (and that was the high for the day), making it colder in the city that day than it was in the North Pole and on Mars. Think about that for a moment — one of our country's major urban centres was more frigid than a barren, inhospitable planet that is on average about 80 million kilometres further away from the sun than our own.

I immigrated to Canada from England at age 12 and have often found myself wondering why this particularly frigid part of the globe was ever colonized by humans. As I enter my 16th Canadian winter, I know the unique differences between a snow squall and a blizzard but I don't think I'll ever actually get used to these extraordinary weather patterns that seem as unpredictable as they are harsh.

After taking a painful fall on the flash frozen sidewalk one morning, I made the amateur mistake of allowing my



SHE SAYS
Jessica Napier
metronews.ca

eyes to fill with tears and the moisture froze to my contact lenses within seconds. Ice encrusted eyeballs are enough to make anyone consider permanent relocation.

Canadians never tire of talking about the weather — and rightly so. There is just so much conversation material out there in the atmosphere. Phrases like “polar vortex,” “frost quake” and “Nor’easter” have entered our everyday vernacular as we wax philosophically about the importance of strategic layering.

Only a Canadian would utter the phrase “It’s going up to a balmy -12 tomorrow,” without a hint of sarcasm.

But sometimes even the hardest Canucks in their puffiest, goose-down jackets are no match for mother nature’s wrath. When the mercury plummets beyond a certain point, even our beloved national pastimes don’t seem feasible. Where’s the appeal in an evening at the skat-

ing rink when you spend your whole commute desperately navigating treacherous city streets that are covered in a thick layer of ice? Driving up to a nearby ski hill for the weekend might seem like a fun idea until your plans are inevitably thwarted by dead car batteries and freezing rain warnings.

Being an overly optimistic fool, I made a New Year’s resolution to start running again. Lacing up for a jog on a dark winter evening is hard enough, but finding the motivation to head outside to traverse slush-covered sidewalks while filling my burning lungs with ice-cold air has proven to be truly impossible.

With a few more months of transit delays, salt-stained footwear, dry skin and frozen fingertips on the horizon, hibernation seems to be the only viable option.

If you need to find me, I’ll be tucked under my electric blanket and planning a warm getaway to a country where snot icicles aren’t a thing.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Hey, mom! Look what I can do



CHARLES DHARAPAK/THE ASSOCIATED PRESS

Baby panda makes gigantic debut

Bao Bao, the four-and-a-half-month-old giant panda, made her public debut at an indoor habitat at the National Zoo in Washington on Monday.

Bao Bao, who now weighs 16.9 pounds, was born to the

zoo’s female giant panda Mei Xiang and male giant panda Tian Tian.

In recent months, Bao Bao has become more active, moving around on her own and exploring the environment. Now she’s working on climbing, but some rocks are still too big.

THE ASSOCIATED PRESS

The zoo’s point of view

- The zoo won’t make Bao Bao or her mother do anything they don’t want to do, a spokesperson said. They will bring her out into the enclosure for viewing, conduct some training sessions with her and sometimes weigh her in public view.

Newborn dreams

“She doesn’t even seem to notice the folks who are watching her: Her adoring public. Her focus is mostly on mom right now.”

Brandie Smith, panda curator
National Zoo in Washington

Clickbait



LUKE SIMCOE
Metro Online

The start of a new year is a time for reflection. It’s also a reminder that we’re all another

year older and another step closer to our inevitable demise. If, like some people, you find contemplating your own mortality terrifying, you should probably stop reading. On the other hand, if the only thing about death that troubles you is not knowing when, here are a few sites that can calculate how many heartbeats you have left.

Death Clock:

This site’s tagline is “predicting the demise of others since 2006.” Just fill in a few details about your age, place of residence and diet and you’ll get a handy prediction you can take to your financial planner. (death-clock.org)

Death Timer:

As a bonus, this site will create an image of a tombstone with your name on

it. It will also scold you if you smoke or drink too much. (deathtimer.com)

The DeathList:

If you’re more interested in when other people are going to die, check out The DeathList. Based in the United Kingdom, the site compiles an annual list of famous people most likely to kick the bucket. The site had a banner year in 2013, with 13 successful predictions. (deathlist.net)



COURTESY TIKKER

Twitter

@metropicks asked:
@MyTikker watch approximates when you’ll die and counts down to the second. Would you live differently if you knew?

@Earl_of_Halifax: see how it changes while guzzling beers compared to sipping wine, eating wings to salad and working out to being lazy

@stuartchase: useful for those mindnumbing conversations. “U officially wasted 2 minutes of my life. No, really, look at my watch.”

@Earl_of_Halifax: I’d probably live faster

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

DVD review



I'm So Excited

Director. Pedro Almodóvar

Stars. Javier Camara, Pepa Charro, Cecilia Roth

• • • • •

The tray tables are up, the seatbelts are fastened and the passengers are more than ready to fly in this airborne trifle from Pedro Almodóvar. The Spanish auteur is returning to the campier tone of such earlier films as *Women on the Verge of a Nervous Breakdown*. But it almost seems as if he's operating on autopilot. The rest of the film is aces, including a production design that amusingly incorporates Almodóvar's beloved primary colours (especially red) into the design of the film's fictional airline. The music by Alberto Iglesias also delights, with its jazzy references to 007 and Eurocomedy films. (Skip the movie, buy the soundtrack.) The cast includes many players from Almodóvar's past — including cameos from Antonio Banderas and Penelope Cruz — and they're eager to go along with whatever fun Capt. Almodóvar has in mind. But he doesn't have much on his grey matter this time, apart from making an even campier version of *Airplane!* Extras include a making-of featurette and a selling-of featurette.

PETER HOWELL

Finding escape in fear

Helix. Billy Campbell, star of new Showcase series, talks about our obsession with being terrified



RICHARD CROUSE
scene@metronews.ca

"I've been reading film scripts for over 30 years," says *Helix* star Billy Campbell, "and I could probably count on my hands and feet all the truly, truly great scripts I've read. The rest are, to various degrees, garbage."

Campbell, a veteran of big screen features like *The Rocketeer* and Francis Ford Coppola's *Dracula*, says, "the hour-and-a-half format of telling a story is unnatural. You either have to do like they do in Bollywood movies and have a four-hour movie tell a story or do like European films do. They tell small, intimate human stories. Moments in people's lives. That's more appropriate to the format."

That opinion may explain why he's been spending more and more time on the small screen on shows like *Once and Once Again*, *The O.C.* and *The Killing*.

His latest project, the sci-fi series *Helix* debuts on Showcase on Friday. Produced by *Battlestar Galactica* creator Ronald D. Moore, its sprawling story of a deadly disease outbreak couldn't fit into a 90-minute film.

"Television is a place where you can tell a great story," he says. "You have the time. AMC coined the phrase, *Slow Burn*

Storytelling. You have the time to develop characters, develop storylines in a way that is not artificial. Or doesn't seem to be artificial."

The pilot script for the Montreal-shot series appealed to the ruggedly handsome actor because he's a fan of science fiction, horror and speculative fiction.

"When I read the pilot script the first thing that popped into my head was *The Andromeda Strain*, then John Carpenter's *The Thing* and a little bit of *Walking Dead* popped in there as well. We don't have zombies. I think what we have is a great deal scarier than zombies. What we have are living human beings, terribly infected, who have a pathological compulsion to infect others."

He describes the show as "intense, but still an escape." But an escape from what?

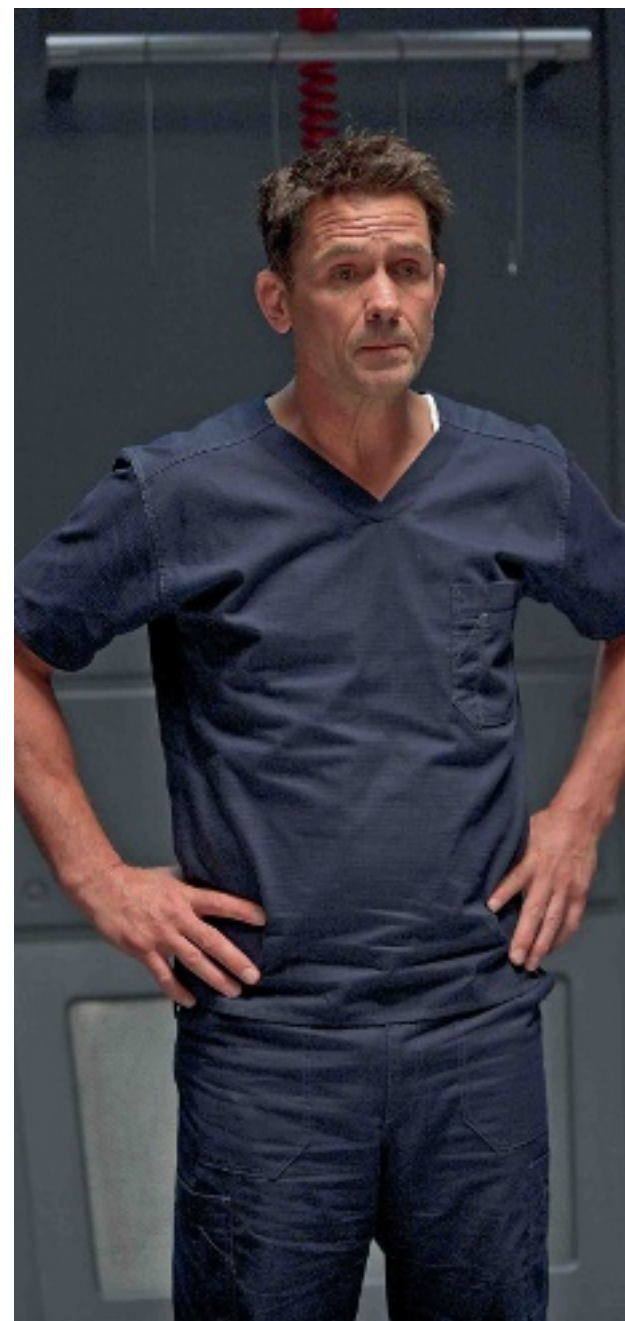
"There seems to be an obsession with not just speculative fiction but stuff that is not our real life. I couldn't say why, except to think that perhaps we're so unhappy with our present lives. We might need to get away. Some people like to escape by being scared."

As an actor on the show he says the most exciting part of the process is "to come to work and try to do the next outlandish thing they've written. That's exciting."

Quoted

"There seems to be an obsession with not just speculative fiction but stuff that is not our real life."

Helix star Billy Campbell



Billy Campbell stars in *Helix*, debuting Friday on Showcase. CONTRIBUTED

Wedding Palace®
Bridal Show
Great Weddings Start Here...

613-612-5468
www.weddingpalace.ca

FOLLOW US ON:

Ottawa's Premier Bridal Show!
January 11 & 12, 2014 • 11am to 5pm

OTTAWA
CONVENTION
CENTRE



CENTRE
DES CONGRÈS
D'OTTAWA

Tickets available online and at all Jubilee Fine Jewellers locations.

Lindsay's dream of model relationship with toy boy ends with a tattoo



Lindsay Lohan ALL PHOTOS GETTY IMAGES

Lindsay Lohan's pursuit of 18-year-old model Morgan O'Connor seems to have ended unsuccessfully, as O'Connor has reportedly told the troubled starlet to take a hike, according to Radar Online.

"When he first started hanging around Lindsay, she was totally chasing him and everyone was telling him not to go out with her because she is white trash and would bring his career down," a source says.

"But he had a good time with her and got to go to a lot of parties that he wouldn't have been able to go to before. Now he realizes that he can't hang out with Lindsay and he basically dumped her and is trying to commit to his girlfriend again."

As a clear sign of that change of heart, O'Connor recently had the name of ex-girlfriend Chiara DiGiallo permanently applied to his body. "Morgan has always really loved Chiara, and he tattooed her name on his arm to prove that," the source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Holyfield's homosexuality comments land him in trouble

Say you are reading this and you are a celebrity. Let's try an exercise: What do you do if you think of something that maybe isn't the most PC thing in the world? Do you: A. Say it out loud. B. Keep it to yourself. C. Write it in a journal which you then burn. If you answered B or C, you have a long future ahead of you in the world of celebrity. If you answered A, we need to talk.

The latest celebrity to fall victim to their own inability to just shut it? Evander Holyfield, who is making a splash with his stay on Celebrity Big Brother thanks to

an extended rant he recently let out about homosexuality, describing it as "a choice" that "ain't normal" and can be fixed. "If you were born and your leg were turned this way, what would you do? You go to the doctor and get it fixed back, right?" he said to a fellow housemate.

"You know how handicapped people are born? You can't say, 'Because they are born that way, you can't move that.'" Producers for the series quickly addressed the issue, saying in a statement that they'd relayed to Holyfield that his views "could be seen as extremely offensive to many people. He was warned to think carefully about repeating them."

Good grief. Come on, Evander. You lost an ear. You must know what it feels like to be different. Shut it down!

PAT HEALY/METRO WORLD NEWS



Scott Disick

Disick loses father just months after mom's death

Kourtney Kardashian's famous baby daddy, Scott Disick, reportedly lost his father on Friday, three months after his mother died from cirrhosis of the liver. His father, Jeffrey

Disick, died from undisclosed causes, reports E! News. "The whole family is so devastated and Scott is beside himself," a source told E!. "Scott is an only child with no remaining family."

OPEN HOUSE

WEDNESDAY
JANUARY 22
FROM 4:30
TO 7:30 P.M.

DISCOVER OUR PROGRAMS:

- Canon Law
- Conflict Studies
- Group Intervention and Leadership
- Human Relations and Spirituality
- Philosophy
- Public Ethics
- Social Communication
- Theology

4 scholarships valued at
\$1,000
will be awarded!

FREE PARKING

ustpaul.ca

223 Main Street, Ottawa ON
613 236-1393 | 1 800 637-6859



Saint Paul University is the founding college of the University of Ottawa (1845), with which it has been academically federated since 1985.

UNIVERSITÉ
SAINT-PAUL
UNIVERSITY

FAQs for fighting the flu

Getting informed. Flu season has swung into full gear and reports of deaths in Texas and Alberta have raised fears that something new is afoot

Usually by now flu shot efforts would be winding down, but several provinces are leveraging intense media interest and public concern by mounting extra clinics for those reconsidering getting a shot.

Is this shaping up to be a doozy of a flu season? Or do we, as a society, tend to forget what influenza can do from one season to the next?

There are plenty of such questions being posed these days. Here are a few, and some answers.

All the headlines these days are about influenza. Is this a dire flu season?

Not really. It's a flu season — which means as activity takes off in your municipality or province, you can expect to see a spike of illnesses that can create the impression that almost everyone is sick.

Last year's season, caused mostly by the H3N2 virus, was quite nasty. This year the H1N1 virus is predominating — at this point, anyway. And while parts of the country are now in the throes of full-on flu outbreaks, the activity level is what one sees during flu season.

Alberta's outbreak may have already peaked while Ontario's is probably at its apex now. "It'll be over in a month. There's been a fair amount of activity, but it's not terrible. And that should be it," says



The H1N1 virus is predominating this year's flu season. ISTOCK

Dr. Allison McGeer, head of infection control at Toronto's Mount Sinai Hospital

Isn't H1N1 the virus that caused the 2009 pandemic? Is it different or more dangerous than other flu viruses?

H1N1 is the virus that caused the pandemic in 2009. But it's been circulating for nearly five years, and is now considered one of the seasonal flu viruses. The others are H3N2, also an influenza A virus, and influenza B viruses.

While the vast majority of people who contract flu don't need medical attention, influenza does have the potential to cause serious illness — and that is true of H1N1, H3N2 and influenza B.

There have been reports in the media of young and middle aged adults dying. Doesn't flu normally kill old people?

What is different about H1N1 is who is vulnerable to it and who it seems to hit hard.

Little kids — children born after the pandemic — are most likely to be susceptible to H1N1; fewer than 20 per cent of them had antibodies against it. And older adults, who don't fare very well in H3N2 years, seem as a group to have a lot of protection against H1N1.

But young adults and people in middle age are less likely to have antibodies to these viruses, and those are the serious illnesses and deaths that are getting a lot of attention in the media this year.

Alberta has reported nearly 1,000 confirmed cases, and Toronto Public Health says it has confirmed 210 cases of flu so far this year. What do these numbers tell us? Is there more flu than usual? Numbers don't mean much when it comes to seasonal flu

and they probably shouldn't concern the public to any real degree, McGeer says.

The reality is that most people who have flu never see a doctor, and many of those who do aren't tested for influenza.

If Alberta has 1,000 positive flu tests, it means there's quite a bit of influenza in Alberta. But is that amount abnormal? Not at the peak of an active flu season.

People in my neighbourhood/town/city are already sick with flu. If I haven't had a flu shot, is there still time to get one? Is it worth my while?

Public health officials will always say "It's never too late to get a flu shot." And given that flu viruses will continue to circulate — albeit likely at lower levels — for weeks to come, getting a shot now might prevent you from getting sick later.

THE CANADIAN PRESS

Half off

10 Pounds in Six Weeks

Three and a half months ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Ciecwa and registered nutritionist Theresa Albert. Elisha wants to lose half of her body weight and has been writing about it in her online blog, Half Off.

Now that the holidays — and holiday indulging — are over, Elisha is keen to get back on track. So she's kick-starting the new year with a shorter term goal: 10 pounds in six weeks.

Breaking your goal into pieces is a great way to motivate yourself and key to attaining the larger goal, said Theresa. "And losing 10 pounds in 6 weeks — or about 1 1/2 pounds a week — is both healthy and realistic for Elisha."

Theresa suggested that Elisha create some eating 'rules' to help her achieve the goal. Rule number one: eat in, not out. For lots of delicious ideas, try Theresa's 'Weekly Meal Solutions' on her website at myfriendinfood.com.

Exercise is also a challenging area for Elisha. "I can't really do much new outside because it's just so cold, and I'm bored with the indoor weights program," said Elisha.

But she has discovered that she likes to dance for exercise. She often plays 'Just Dance' on the Wii for cardio. With that in mind, Jordan is going to revamp Elisha's at-home workout to make it more motivating and fun.

To follow along, and for more work-out tips, check out metronews.ca/half-off.

YVLA VAN BUUREN/FOR METRO

GET CAREER READY IN LESS THAN ONE YEAR!



CLASSES STARTING MONTHLY
DIPLOMA PROGRAMS IN:
BUSINESS

Accounting and Payroll Administrator
Legal Assistant - NEW PROGRAM
Paralegal
Travel Counsellor Online

ALGONQUIN CAREERS ACADEMY

1830 Bank Street 613-722-7811 www.algonquinacademy.com

CENTRE DENTAIRE
RIDEAU
DENTAL CENTRE

613-230-7475

2nd Level
Rideau Centre



STRESS FREE AND
CARING DENTISTRY
NOW ACCEPTING
NEW PATIENTS

Aesthetic, Implant & Family Dentistry Since 1983

Check out our weekly blog at www.rideaudental.ca

This week:

What are your New Year's Resolutions?



THE PATH TO GOOD RESOLUTIONS



Eating smart

Snacking made healthy and easy

Registered Dietitians of Canada have several suggestions on ways to make snacks work to your benefit.

- Try to include foods from at least two of the four food groups from Canada's Food Guide for each snack.
- Keep a variety of healthy ready-to-eat snacks on hand, such as low-fat yogurt,



- fresh fruit or vegetables or whole-grain crackers with hummus, peanut butter or low-fat cheese.
- Buy small packages of food or take small portions from larger packages. Don't snack directly from a large

- container, bag or box.
- Eat slowly.
- Save snacks that are higher in calories, fat, sugar, or salt and lower in fibre for special occasions and try to combine them with a healthier option. For example, have one cookie with a piece of fruit rather than 2 or 3 cookies.

- Drink water often. Limit servings of pop and fruit drinks, which are high in calories and low in nutrients.
- Avoid snacking while watching TV, working or playing on the computer, when you might be inclined to eat more than if you were paying attention. **THE CANADIAN PRESS**

Snow pro

Track your style on the slopes



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

iPhone/Android \$0.99

Discover your speed and altitude on the slopes with this ski and snowboarding tracker that records your runs across detailed maps and graphs. Battery-friendly and accurate, it's rewarding and insightful.



Give your Legs a Facelift!

VARICOSE VEINS
Painful veins on your legs?
Good news: NO Surgery! Ultrasound-guided injections treat large varicose veins.

SPIDER VEINS
Spider veins on your legs or face?
Get rid of them with simple injections.

Dr. Lucie Beaupré
Diplomate of the American Board of Venous and Lymphatic Medicine

OTTAWA
1335 Carling Ave.
Suite 600
(613) 722-0101

GATINEAU
500 Boulevard de L'Hôpital
Suite 102
(819) 561-0561

DR. BEAUPRÉ VEIN/VARICES CLINIQUE

www.drbeaupreveinclinic.com

Walk-In Clinic

ACCEPTING NEW PATIENTS

OPEN 6 DAYS A WEEK!

MEDICAL SERVICES FOR PATIENTS OF ALL AGES

BY APPOINTMENT, ALSO AVAILABLE
Monday to Saturday 9:00am - 5:00pm • Sunday CLOSED

1642 Merivale Road at Viewmount (inside Merivale Mall)
613-228-2020

Give Slow Cooker Meatballs some new life with seeds

THERESA ALBERT
myfriendinfood.com

Instead of nutrition-free breadcrumbs, why not hold meatballs together with nutrient-dense chia seeds and oats? Tastes the same, and it's 100 per cent healthy.

1. Place ground beef, oats, egg, chia and seasoning in a bowl.

2. Mix well with hands and use an ice cream scoop to place into bottom of a large slow cooker set on high.

Ingredients

- 1 lb extra lean ground beef
- 1/2 cup oats, whirled in a blender
- 1 egg, beaten
- 1 tbsp whole or ground chia seeds
- 1 tbsp Italian seasoning
- 1 jar tomato sauce

PREP
10 MINUTES



This recipe serves six. COURTESY THERESA ALBERT

3. Microwave tomato sauce with the lid off to speed up cooking. Empty tomato sauce over meatballs, cover and let cook on high for 2-3 hours or

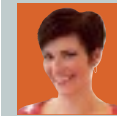
on low for 8-10.

4. Serve with buns for Meatball Sandwiches or over pasta with salad.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Health Solutions

Chi-chi-chi-chia seeds



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Chia is a seed much like the poppy seed in that it only grows when the salvia plant is ready to bloom.

Like other seeds, this wee nugget of nourishment contains all the nourishment that the plant will need to begin anew.

You know all about its superior fibre content and its ability to help stabilize blood sugar levels, heck, you probably even bought a bag and have looked at it for a year.

But, besides sprinkling it on your yogurt, what else can you do with it? Here are some ideas:

- Chia is an excellent

binder when making meatloaves or meatballs because it holds water better than breadcrumbs.

- Use it ground in salad dressings to help reduce the amount of oil. 1/4 tsp replaces about a tablespoon of oil.

- Soak 2/3 cup of chia seeds in 2 cups of almond milk and set aside in the fridge for three to eight hours. It will thicken into a tapioca-pudding-like dish that is great warm or cold with a dash of cinnamon.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



PAMCI
Pour mieux performer sur le marché du travail

Vous êtes un professionnel du domaine de la construction formé à l'étranger?
PAMCI EST POUR VOUS!

PAMCI offre aux participants la possibilité de se familiariser avec le milieu de la construction au Canada par le biais de:

FORMATIONS ET ATELIERS PRATIQUES | TECHNIQUES DE PERFECTIONNEMENT | OCCASIONS DE RÉSEAUTAGE

Pour connaître les critères d'admissibilité et pour obtenir plus d'information:
613 742-2475 | www.lacitedesaffaires.com

Financé par Ontario Canada

Pavillon F, Local F3270
801, promenade de l'Aviation
Ottawa (Ontario) Canada K1K 4R3

LA CITÉ DES AFFAIRES
LA CITÉ DE L'ÉDUCATION

FRENCH, ENGLISH as a SECOND LANGUAGE



PART TIME

12 weeks (36 hours in class and 36 hours online)

FRENCH AS A SECOND LANGUAGE (10 LEVELS)

January 14 to April 12, 2014

Evenings: 6 pm to 9 pm (10 Levels)

Saturdays: 9am to noon (7 Levels)

ENGLISH AS A SECOND LANGUAGE (6 LEVELS)

January 14 to April 12, 2014

Evenings: 6 pm to 9 pm (6 Levels)

FULL TIME

4 weeks (60 hours in class and 60 hours online)

FRENCH AS A SECOND LANGUAGE (6 LEVELS)

January 13 to February 7, 2014

Levels 1, 3 and 5: 12:30 to 3:30pm

Levels 2, 4 and 6: 9am to noon

February 18 to March 14, 2014

Levels 1, 3 and 5: 9am to noon

Levels 2, 4 and 6: 12:30 to 3:30pm

FEES: \$35.00

(Immigrants, new Canadians, Refugees whose language is neither English nor French)

Éducation Permanente

181 Donald St., Ottawa
Tel. 613-741-2304 ext. 3
Fax 613-741-2191



CONSEIL DES
ÉCOLES CATHOLIQUES
DU CENTRE-EST

www.educationpermanente.ca



Sens prep for Spezza's return



Senators captain Jason Spezza is looking forward to helping his team extend a four-game winning streak when he returns from injury.

BRUCE BENNETT/GETTY IMAGES FILE

NHL. Captain intends to up his game, bolster Ottawa's hot streak on eight-day road trip

The Ottawa Senators would like to think they've hit their stride as they enjoy a four-game winning streak, but they know all too well how quickly things can change.

This has been a season of inconsistency for the Senators, who on Monday were preparing for a three-game, eight-day road trip that will feature the return of captain Jason Spezza.

Strangely enough, the winning streak came while Spezza was sidelined with a hip injury.

Spezza will return to the lineup Wednesday when the team takes on the Colorado Avalanche and says that all he wants to do is help extend the streak.

"In the short term I want to make sure that wherever I play I make sure I kind of help the group out, but for the long term I know I have to get to playing good hockey," Spezza said. "We're all disappointed how the first half went. I don't think I had a very good first half or the group had a very good first half, but there are

signs of things coming.

"I've been out of the lineup before and we've won some games and I've been out and we've lost, but when I've been out before we were able to maintain it when I came back and I just hope to add to the group."

Spezza said he felt no pressure about upsetting the chemistry of a winning lineup by his return, but teammates realize how badly he will want to win.

"It is a little bit of pressure for him coming back, but we're confident that we need him in the lineup," said centre Zack Smith. "We were waiting for him to get back and it's a good opportunity, and for him there shouldn't be that much pressure on him, but he's the captain so he's probably going to feel it."

On the road

"We know we're not considered an elite team at this point, but that's what we're working towards, and in order to do that you have to be good on the road."

Senators coach Paul MacLean on the team's upcoming road trip

Team news

- Chris Neil, who is out with a lower body injury, joined the team on the trip, but isn't expected to play until possibly the final game.
- MacLean had not yet made a decision on his starting goaltender for Wednesday's game, but this will mark Anderson's first return to Colorado since being traded to Ottawa in February 2011.

In Spezza's absence, Senators coach Paul MacLean had Mike Zibanejad play centre between Milan Michalek and Cory Conacher. The trio proved to be successful over the course of the four games.

Rather than dismantle the line, MacLean had Spezza playing with Zack Smith on his left and Mark Stone on his right at practice Monday morning.

The experiment could be short-lived, as MacLean is well known for juggling his lines, but in the interim it allows the Zibanejad line to remain intact and give Spezza a couple of big wingers who have played well of late.

THE CANADIAN PRESS

NHL

Myers suspended for head shot

Buffalo Sabres defenceman Tyler Myers was suspended for three games without pay by the NHL on Monday for an illegal check to New Jersey Devils forward Dainius Zubrus' head.

The suspension will cost Myers \$84,615 US.

THE ASSOCIATED PRESS

CFL

Stamps sign vet QB McPherson: Report

Adrian McPherson is returning to the CFL.

The veteran quarterback has signed with the Calgary Stampeders, according to a source. McPherson, 30, spent five seasons with the Montreal Alouettes (2008-12), earning Grey Cup rings in 2009 and 2010 with the



Quarterback Adrian McPherson

THE CANADIAN PRESS FILE

club before being released to pursue other offers.

THE CANADIAN PRESS

NFL concussion lawsuit

Lawyers detail \$765M settlement

Lawyers representing ex-NFL players showed how a proposed settlement could be divided. Awards could reach \$5 million for athletes with Lou Gehrig's disease, \$4 million for a death involving brain trauma and \$3 million for dementia cases. THE ASSOCIATED PRESS

NFL playoffs



"You would like to think it's going to be the same, but we know better than that."

Seattle Seahawks head coach Pete Carroll on his team's upcoming playoff matchup against the New Orleans Saints. Carroll said he doesn't expect a repeat of Seattle's 34-7 early-December win.

4 SPORTS



Visit the website for more details and to purchase tickets

OttawaHealthandWellnessExpo.com

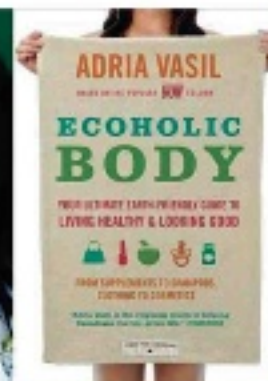
Join us for the 8th annual Health and Wellness Expo!

Saturday January 11th, 2014 • 9 am to 4 pm

2014 Keynote Speaker

Adria Vasil

Best selling author of Ecoholic Body



Depth of field paints blurry image



Should Team Canada brass elect to stock the squad with centres, players such as Claude Giroux would be expected to move to the wing. GETTY IMAGES FILE

Team Canada. With a number of options Yzerman will provide clear picture when roster is named Tuesday

Sidney Crosby, Jonathan Toews and John Tavares are safe.

That Team Canada has only a few more forwards who are locks to go to the Sochi Olympics next month speaks to the embarrassment of riches and the bevy of questions facing Steve Yzerman and his management staff.

The 25-man roster that will be revealed Tuesday at 11 a.m. in Toronto will show what Yzerman learned from winning gold in Vancouver four years ago, and how he's adapting to a different situation this time around.

"We're playing good teams; you need good goaltending," Yzerman said back in August at Olympic orientation camp. "You need good defence. You need balance. All of these teams are relatively balanced.

Projected Team Canada roster

FORWARDS

Matt Duchene, Sidney Crosby, Steven Stamkos*, Patrick Sharp, Jonathan Toews, Rick Nash, Logan Couture, John Tavares, Claude Giroux, Jamie Benn, Ryan Getzlaf, Corey Perry, Patrice Bergeron, Martin St. Louis.
*Injury replacement: Jeff Carter.

DEFENCEMEN

Duncan Keith, Shea Weber, Jay Bouwmeester, Alex Pietrangelo, Marc-Edouard Vlasic, Drew Doughty, Dan Boyle, P.K. Subban.

GOALTENDERS

Carey Price, Roberto Luongo, Mike Smith.
Potential injury replacement: Corey Crawford.

Any area of weakness can be an issue."

One area that isn't a weakness for Canada is down the middle. Beyond Crosby, Toews and Tavares, there's Ryan Getzlaf of the Anaheim Ducks and Patrice Bergeron of the Boston Bruins.

If Steven Stamkos of the Tampa Bay Lightning can return after breaking his right tibia, he's expected to move to the wing, possibly alongside Crosby. Other centres, like Matt Duchene of the Colorado Avalanche, Logan Couture of the San Jose Sharks, Eric Staal

of the Carolina Hurricanes and Claude Giroux of the Philadelphia Flyers would likely have to do the same.

"I know some guys are going to have to play different positions, but you do it for the better of the team," Lightning winger Martin St. Louis said at orientation camp. "For the better of the country."

But is it better for Canada to have so many centres playing out of position? If Yzerman and Co. have decided more natural wingers must be in the mix, that's good news for St. Louis, Rick Nash of the New York

Rangers, Patrick Sharp of the Chicago Blackhawks, Jamie Benn of the Dallas Stars and perhaps even Patrick Marleau of the Sharks.

Benn and Marleau weren't at camp in Calgary over the summer, but Yzerman said then and during the season that that wouldn't necessarily rule players out when it comes to Sochi.

One player who did earn a camp invite was Pittsburgh Penguins winger Chris Kunitz, whose natural chemistry with Crosby could be an asset in a short tournament like the Olympics. Bringing along line-mates wasn't a perfect recipe in 2010 when Canada took Marleau, Joe Thornton and Dany Heatley to Vancouver, but Detroit Red Wings GM Ken Holland said it could still be factored in if two players were tied for a roster spot.

"We discuss teammates, but I think at the end of the day we've got to find players that we think are going to have the best chance to put the best team together," said Holland, who's on Canada's management team. **THE CANADIAN PRESS**

Czech Republic

Jagr gunning for 3rd Olympic medal

Jaromir Jagr will play in his fifth Olympics, leading the Czech hockey team at the Winter Games in Sochi next month.

Jagr, 41, was on the Czech team that won gold at the 1998 Olympics in Nagano, the first games featuring NHL players. He also helped the Czechs win the bronze medal in Turin in 2006.

The 25-man Czech team, announced Monday in Prague, also includes Jakub Voracek, Tomas Plekanec and David Krejci.

THE ASSOCIATED PRESS

Switzerland

Swiss pad team with 8 NHLers

Switzerland's roster for the Sochi Olympics features eight NHL players, including Raphael Diaz of the Montreal Canadiens, and Yannick Weber of the Vancouver Canucks.

Reto Berra of the Calgary Flames and Jonas Hiller of the Anaheim Ducks were also chosen for the team.

THE CANADIAN PRESS

Skiing. Top athletes call qualifying rules 'absurd'

Picture this for the Sochi Olympics: Bode Miller not allowed to defend his super-combined title, Lindsey Vonn limited to two events, and other medal contenders held out of some of their favourite disciplines.

It's a scenario that top skiers are calling "absurd" but that could become a reality. At least, that's how the big Alpine nations are interpreting the International Ski Federation's (FIS) complex new Olympic qualifying rules.

"We're waiting for FIS to clarify what it means and how it works," U.S. Ski Team men's head coach Sasha Rearick told The Associated Press on Monday, three weeks before he has to name his team for Sochi. "It's critical that we have a fair solution and the top athletes can compete in the events they deserve to."

At issue are rules put in place last year to help smaller nations gain Olympic qualifying spots. In the fine print, the rules require skiers to finish a certain number of races in a discipline over last season and this season — up to Jan. 19 — to qualify for that event in Sochi. It's five races for the technical events of slalom and giant slalom, and three for



American world champion Ted Ligety GETTY IMAGES

the speed events of downhill, super-G and super-combined.

For the men's super-combined, those rules mean Miller, American world champion Ted Ligety and Austrian standout Benjamin Raich could all miss out. And the injured Vonn — if she decides to compete in Sochi — would be limited to downhill and super-G.

FIS men's World Cup director Gunter Hujara is promising a last-minute change.

"We will handle it at the end," he announced at a team captain's meeting Sunday.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	42	28	12	2	124	89	58
Tampa Bay	42	25	13	4	119	100	54
Montreal	43	24	14	5	112	102	53
Detroit	43	19	14	10	114	121	48
Toronto	43	21	17	5	119	127	47
Ottawa	44	19	18	7	126	141	45
Florida	42	16	20	6	101	134	38
Buffalo	42	12	26	4	74	118	28

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	44	31	12	1	142	103	63
Philadelphia	42	21	17	4	111	116	46
Washington	42	20	16	6	128	128	46
Carolina	43	18	16	9	105	124	45
N.Y. Rangers	43	21	20	2	105	115	44
New Jersey	43	17	18	8	101	110	42
Columbus	42	18	20	4	113	123	40
N.Y. Islanders	43	14	22	7	112	143	35

Monday's results

Dallas at N.Y. Islanders
Columbus at N.Y. Rangers

Florida at Montreal
Calgary at Colorado

Sunday's results

Anaheim 4 Vancouver 3 (OT)
Carolina 2 Nashville 1
Edmonton 5 Tampa Bay 3
Pittsburgh 6 Winnipeg 5
San Jose 3 Chicago 2 (SO)

Tuesday's games

All Times Eastern

Carolina at Buffalo, 7 p.m.
N.Y. Islanders at Toronto, 7 p.m.
Philadelphia at New Jersey, 7:30 p.m.
Tampa Bay at Winnipeg, 8 p.m.
San Jose at Nashville, 8 p.m.
Calgary at Phoenix, 9 p.m.
St. Louis at Edmonton, 9:30 p.m.
Boston at Anaheim, 10 p.m.
Pittsburgh at Vancouver, 10 p.m.
Minnesota at Los Angeles, 10:30 p.m.
Wednesday's games
Montreal at Philadelphia, 7:30 p.m.
N.Y. Rangers at Chicago, 8 p.m.
Ottawa at Colorado, 9:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	45	29	7	9	167	124	67
St. Louis	41	29	7	5	150	95	63
Colorado	41	26	11	4	120	104	56
Minnesota	44	22	17	5	106	113	49
Dallas	41	20	14	7	120	124	47
Winnipeg	45	19	21	5	123	135	43
Nashville	43	18	19	6	102	129	42

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	44	31	8	5	146	111	67
San Jose	43	27	10	6	142	111	60
Los Angeles	43	26	13	4	113	89	56
Vancouver	44	23	13	8	117	108	54
Phoenix	41	20	12	9	123	127	49
Calgary	41	14	21	6	96	128	34
Edmonton	45	14	26	5	117	156	33

Note: Two points for a win, one point for an overtime or shootout loss.

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	23	40	63
Kane, Chi	23	31	54
Getzlaf, Ana	20	28	48
Thornton, SJ	5	43	48
Kunitz, Pgh	23	24	47
Sharp, Chi	25	21	46
Tavares, NYI	17	29	46
Backstrom, Wash	10	36	46
Perry, Ana	23	21	44

Not including last night's games

NFL PLAYOFFS

WILD CARD WEEKEND

Sunday's results

AFC — San Diego 27 Cincinnati 10

NFC — San Francisco 23 Green Bay 20

Saturday's results

AFC — Indianapolis 45 Kansas City 44

NFC — New Orleans 26 Philadelphia 24

DIVISIONAL PLAYOFFS

Saturday, Jan. 11 — All Times Eastern

NFC — New Orleans at Seattle, 4:35 p.m.

AFC — Indianapolis at New England, 8:15 p.m.

Sunday, Jan. 12

NFC — San Francisco at Carolina, 1:05 p.m.

AFC — San Diego at Denver, 4:40 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	27	6	.818	—
d-Miami	26	8	.765	1 1/2
Atlanta	18	16	.529	9 1/2
d-Toronto	16	16	.500	10 1/2
Washington	14	17	.452	12
Chicago	14	18	.438	12 1/2
Charlotte	15	20	.429	13
Detroit	14	20	.412	13 1/2
Boston	13	21	.382	14 1/2
Brooklyn	12	21	.364	15
Philadelphia	12	21	.364	15
New York	11	22	.333	16
Cleveland	11	23	.324	16 1/2
Orlando	10	23	.303	17
Milwaukee	7	26	.212	20

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	27	7	.794	—
Portland	26	8	.765	1
d-San Antonio	26	8	.765	1
d-Golden State	23	13	.639	5
L.A. Clippers	23	13	.639	5
Houston	22	13	.629	5 1/2
Phoenix	20	12	.625	6
Dallas	19	15	.559	8
Denver	16	17	.485	10 1/2
Minnesota	16	17	.485	10 1/2
New Orleans	15	17	.469	11
Memphis	15	18	.455	11 1/2
L.A. Lakers	14	20	.412	13
Sacramento	10	22	.313	16
Utah	11	25	.306	17

d — division leaders ranked in top four places.

Monday's results

Minnesota at Philadelphia

Atlanta at Brooklyn

Orlando at L.A. Clippers

Tuesday's games

All Times Eastern

Philadelphia at Cleveland, 7 p.m.

Toronto at Indiana, 7 p.m.

Washington at Charlotte, 7 p.m.

New Orleans at Miami, 7:30 p.m.

Detroit at New York, 7:30 p.m.

Phoenix at Chicago, 8 p.m.

Golden State at Milwaukee, 8 p.m.

San Antonio at Memphis, 8 p.m.

L.A. Lakers at Dallas, 8:30 p.m.

Boston at Denver, 9 p.m.

Oklahoma City at Utah, 9 p.m.

Portland at Sacramento, 10 p.m.

Horoscopes

Aries

March 21 - April 20

Try to avoid confrontation today because you will come out second best. If possible, go and be by yourself for a while. You'll return physically and mentally refreshed, and with lots of great new ideas.

Taurus

April 21 - May 21

You seem to think the worst is going to happen. You should know by now that is exactly the sort of thought pattern that encourages bad things to happen. Be positive.

Gemini

May 22 - June 21

If you make an effort today, it will pay off. The only problem is you are not in the mood to do anything strenuous. That's OK but don't blame others for your lack of progress.

Cancer

June 22 - July 23

You may not enjoy what happens today, not least because you have no control over events. But if you accept it and refuse to be upset, it won't be so bad. You can always control the way you react.

Leo

July 24 - Aug. 23

Everything must be in its proper place and if it isn't, someone is going to get the blame, and it won't be you. You may be easy-going most of the time but sometimes you are like your next-door-neighbour sign Virgo — obsessed by details.

Virgo

Aug. 24 - Sept. 23

Keep things simple today because the more complicated you allow your activities to get, the more likely it is you will get confused and make a mistake.

Libra

Sept. 24 - Oct. 23

It will pay you to be secretive, especially if you're working on a plan requiring the element of surprise to succeed. If people start sniffing around, tell them anything but the truth.

Scorpio

Oct. 24 - Nov. 22

Stop worrying that you are not doing enough or that your rivals are winning. The planets indicate that success will be yours once you learn to relax and not take life so seriously.

Sagittarius

Nov. 23 - Dec. 21

You can make a little go a long way today, emotionally as well as financially. The trick is to not give too much away, and keep others guessing what you intend to do with it.

Capricorn

Dec. 22 - Jan. 20

Wield the axe and cut back on the things in your life that are not important. That applies especially to your career where, it seems, you have taken on too much responsibility too soon.

Aquarius

Jan. 21 - Feb. 19

What you have to do today may seem boring but if you do it well, you will come to the attention of powerful people and, in the long-term, the rewards will be worth the effort many times over.

Pisces

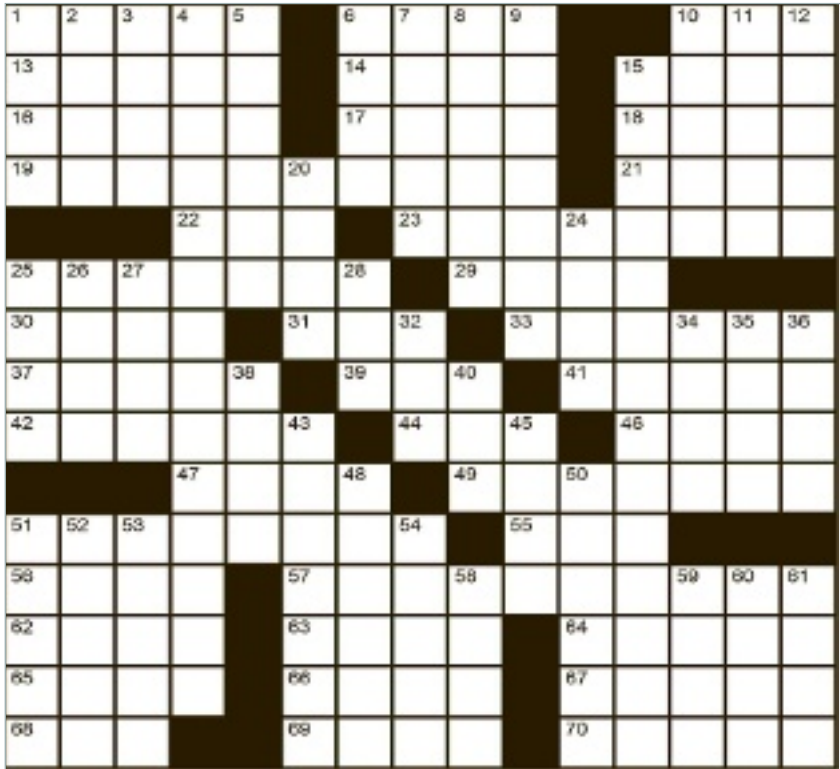
Feb. 20 - March 20

There is a lot going on behind the scenes at the moment, so don't make too many plans because they are sure to change. If someone asks you to take on more work turn them down. It's the last thing you need right now. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. "The Lion King" (1994) character
6. Sporty Steffi's surname
10. Straw
13. Anne Murray's "You Needed Me" bit: "I cried ____"
14. Prefix meaning 'Rock'
15. Merchandise
16. Corporate shuffle, in brief
17. Celebes buffalo
18. Shangri-la
19. Loggins & Messina tune covered by Anne Murray: 2 wds.
21. 'A' in AD
22. Rock supergr.
23. Sabre with a curved blade
25. Fractures-checking hosp. spot: 2 wds.
29. PayPal co-founder Mr. Musk
30. Hr. parts
31. ___-and-tuck
33. Catch
37. Sherbrooke 'student'
39. Avril's Sk8er's gender
41. Saskatchewan town south of Regina
42. "Four Weddings and a Funeral" (1994) director, Mike ___
44. Married woman's title
46. Wet ___ (Moisture wipes)
47. Money in Oman



49. "Family Ties" clan, The ___
51. Private
55. Uniquely-spelled mountain basin
56. ___, California (The Bionic Woman's hometown)
57. Ottawa: 7 Rideau Gate... Canada's ___ for heads of state

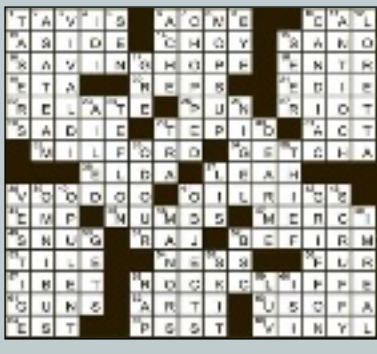
62. Carson's successor
63. French for 'the water'
64. Mosaic component
65. Legendary celebrity
66. Gaelic
67. Broadcast again
68. Bus or train, e.g.
69. River of Flanders

70. Paul of "Be-witched"
Down
1. Baby Atlantic Herring, for short
2. Virginia willow
3. Joni Mitchell's "You Turn ___, I'm a Radio"
4. Mordecai Richler book-turned-movie

- starring Paul Giamatti: 2 wds.
5. Edmonton neighbourhood
6. 4.0, et al.
7. HGTV Canada jobs
8. Now!: 2 wds.
9. Parcel word
10. "Hmmm... I ___ thought of that."
11. Hockey game

- place
12. Type of opera singer
15. Bit of #19-Across: "And even though ___ I'm so in love with you honey..."
20. Bridge
24. Single-meaning prefix
25. Wolverine's mutant buddies
26. Vex
27. All over again
28. ___ necklace
32. Cheerleading prop, when doubled
34. Gambling town
35. Prayer sign-off
36. Scholastically succeed
38. Film director Mr. Petri
40. Gall
43. British Columbia city
45. Faith faction
48. Matt of "Today", and surnamesakes
50. Twirling
51. Ancient Greek city-state
52. Remove the movie video
53. Didn't stop, like a sentence: 2 wds.
54. Charter
58. Plaintiff
59. ___ Bator, Mongolia
60. Expressed
61. Bronte heroine surname

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



► Max out your TFSA contribution, not your credit card.

ING DIRECT

forward banking™



ingdirect.ca

ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license.™ forward banking is a trademark of ING Bank of Canada.

► Max out your
TFSA contribution,
not your credit card.

Get a \$25 Bonus* when you become a new
ING DIRECT Client and open a TFSA. Plus get a special
2.50% interest rate** on balances until April 30, 2014.

ingdirect.ca

ING DIRECT
forward banking™



ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license. ™ forward banking is a trademark of ING Bank of Canada. * Offer valid from January 1, 2014 to March 31, 2014 for New Clients joining ING DIRECT with TFSA as First Product. Client must activate their TFSA Account and deposit their minimum initial deposit of \$100 within 30 days of enrolment. Limit of one Bonus per person. May not be combined with any other offer. ING DIRECT will open a companion Investment Savings Account and deposit the Bonus there within 30 days of funding. ** Registered rate of 2.50% is available between January 1, 2014 and April 30, 2014 on all net new deposits made between January 1, 2014 and March 31, 2014 to qualifying Tax-Free Investment Savings Account (TFSA). Interest is calculated daily and paid monthly. Rates, like the weather, are subject to change. For full details visit ingdirect.ca/maxout.